

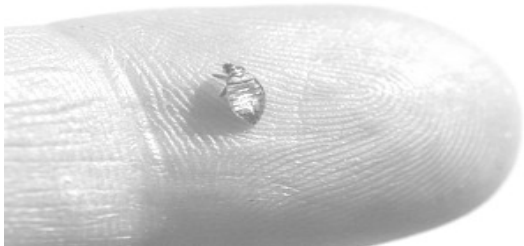
BED BUGS

Bed bugs have made a comeback in the United States and across the world. They were thought to have been wiped out in the U.S. in the early 1950s from the widespread use of pesticides such as DDT. DDT is no longer used because of its danger to us and our environment. Studies show that today's bed bugs are immune to DDT as well.

Bed bugs may be back because of increased international travel, people moving from one home to the next, and changes in modern pest control efforts. Bed bugs can easily hitchhike from one location to the next on our clothing, luggage, and backpacks. Once they are in our homes, they can rapidly increase in numbers by hiding in our beds and other dark, cluttered out-of-the-way areas.

Whether you have lots of money or not; bed bug infestations are found in both clean and unclean conditions.

Bed bug : *Cimex lectularius*



ADULT BED BUG IS SMALLER THAN IN PICTURE !

BED BUG BIOLOGY

The common bed bug adapted to living with humans. Adult bed bugs are 1/4 to 3/8 inch (4-5mm) long, reddish-brown in color, with a flat, oval-shaped body; while young bed bugs (also called nymphs) are straw-colored and no bigger than a pinhead.

As they grow, a blood meal is needed each time they shed (molt) their skin. They will molt 5 times before becoming an adult. The nymphs can survive months without feeding and the adults live for more than a year.

Females will try to lay their eggs in secluded areas, depositing 1 to 5 eggs per day and hundreds during a lifetime. The eggs are tiny, whitish, and hard to see on most surfaces without the use of a magnifying glass. When first laid, the eggs are sticky, causing them to attach to surfaces.

Bed bugs are active mainly at night. During the daytime, they prefer to hide close to where people sleep.

Any daytime sightings of bed bugs may indicate a heavy infestation and you must act quickly before the bed bugs get out of control !

PROTECT WHILE TRAVELING

- When you first enter the room, lift and look for all bedbug hiding spots, including underneath the mattress, bed frame, headboard and all the furniture near the bed. Look for live bed bugs, dried blood spots and dark fecal stains.
- If you find bed bugs, inform the front desk and request another room, preferably at least 100 feet away. Be wary about being moved to an adjacent room.
- Elevate luggage on a luggage rack away from the bed and wall, since bedbugs can often hide behind head boards, artwork, picture frames and electrical outlet panels. Luggage can also be placed in a garbage bag or the bathtub.
- Avoid keeping briefcases, handbags or other carrying cases on the bed or on the floor next to the bed.
- Examine luggage and all carrying cases while repacking to prevent taking any bed bugs you might not have seen with you.
- Place all clothing from luggage immediately in the dryer for at least 15 minutes at the highest setting upon returning home from travel.

Bed Bugs... What to do?



www.louisvilleky.gov/health

For more information :
Division of Environmental Health & Protection
502-574-6650

HABITS

Bed bugs usually hide during the day in dark, protected sites. Bed bugs can not jump or fly, but do move rapidly over floors, walls, ceilings and our furniture. The most common place to find bed bugs are the tufts, seams, and folds of mattresses. You can also find bed bugs in the crevices of the box spring, frame and headboard of beds.

In heavy infestations, the bed bugs may crawl several feet away from their host and hide in furniture, electrical boxes, window and door frames, baseboard, and under the tack board of wall-to-wall carpeting.

Bed bugs often crawl upward to hide in picture frames, drapery pleats, wall hangings, cracks in plaster, ceiling molding and behind loose wallpaper.

BED BUG BITES

Bed bugs usually bite at night while you are sleeping. You might have a mild itchy welt but reactions to bites can vary between people and some may have delayed or no reactions. Bite symptoms often appear in rows or clusters. **Scratching may cause the bites to become infected.**

SIGNS OF INFESTATION

- Dark spots (about this size: •) which are bed bug excrement and may bleed on the fabric like a marker would.
- Eggs and eggshells, which are tiny (about 1mm) and white.
- Skins that nymphs shed as they grow (look like hollow bed bugs).
- Live bed bugs.
- Rusty or reddish stains on bed sheets or mattresses caused by bed bugs being crushed.
- **BITES can be a sign but are NOT confirmation of an infestation.**

GETTING RID of BED BUGS

The first step is an inspection of your home by a licensed pest control professional. Clean up efforts and proper treatment will be discussed with you. Follow up treatments and inspections will most likely be needed.

Clutter in your home can cause the complete failure of a bed bug control program. It is important to DO EVERYTHING asked of you by the pest control professional.

PREVENTION

- Pull bed away from the wall to make it harder for bed bugs to get on it.
- Use a protective cover that encases mattresses and box springs.
- Conduct regular inspections and cleaning of your home.
- Inspect anything you bring into your home, especially used items.
- Place bought used clothing in a dryer on hot heat for 30 minutes.
- Stay away from refurbished beds, mattresses and couches.

If you do find bed bugs....

- Don't abandon the bedroom. Leaving the bedroom will cause the bedbugs to spread throughout the house, turning a little problem into a big one. Bed bugs will follow you.
- Don't throw away the bed. Chances are, not all the bedbugs are living inside the mattress. The bedbugs that are in the mattress can be scattered throughout the house as you drag the mattress away.
- Don't release a fogger. The fogger will kill the ones in the center of the room, but the ones who live on the outskirts or in the walls will simply scatter throughout the house.

PREPARING for TREATMENT

Look for companies that advertise they follow IPM standards (integrated pest management) which means they have chemical and non-chemical approaches to get rid of bed bugs. Your pest control professional may ask you to do the following...

- Launder bedding and clothing in very hot water and dry at the hottest dryer setting to kill all stages of bed bugs.
- Vacuum infested areas, which includes mattresses, box springs, headboards, sofas and any other infested furniture. When finished, put the vacuum cleaner bag in a garbage bag and take outside for the trash.

PESTICIDE SAFETY READ THE LABEL FIRST !

- **Never use a pesticide indoors that is intended for outdoor use. It is dangerous to your health and won't solve your bed bug problem.**
- **Using the wrong pesticide or using it incorrectly could make you sick, and even make the infestation worse by causing the bed bugs to hide where the pesticide won't reach them.**